

ASSOCIATE PRESS

446th Airlift Wing ✕ Air Force Reserve
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A Look Inside the Associate Press

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In order to really succeed in keeping a New Year's resolution, you need to know where to go for help.

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Triathlon, Iron Man, marathon - it's not about competition, it's all just for fun and fitness.

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Wing Angels hang wishes on a tree.

December 2005

McChord's Home Team

Volume 27, Issue 12

Two Reservists receive Bronze Star

By Sandra Pishner
♦ Wing Public Affairs

An officer and a NCO, both in the Air Force Reserve, were awarded the Bronze Star Medal in a ceremony Nov. 6., with Maj. Gen. Robert Duignan, 4th Air Force commander, March Air Reserve Base, Calif., giving the award presentations.

Maj. Roger Law and Chief Master Sgt.

Robert Belletti both earned their awards while serving at Balad Air Base, Iraq.

Major Law is a Reservist formerly assigned to the 446th Aircraft Maintenance Squadron. He has since transferred to the 349th Aircraft Maintenance Squadron, Travis AFB, Calif.

Major Law earned his award while assigned

to the Global Mobility Task Force in Balad from April 19 to Aug. 18, 2004.

While serving in support of Operation

Iraqi Freedom, Major Law was the lead maintenance officer for Air Mobility Command.

According to his medal citation, Major Law's execution of logistics management and combat leadership were the driving forces that helped generate more than 4,000 airlift missions using 12 different aircraft types, sustaining an unprecedented 99.2 percent on time departure rate. These airlift missions moved more than 72,600 short tons of cargo and 48,300 passengers.

Additionally, Major Law directed the launch and recovery of 28 C-17 Globemaster III aircraft off-loading M-1 Abrams tanks for Army units fighting insurgents in Fallujah, Iraq.

Chief Master Sgt. Robert Belletti, 446th Aircraft Maintenance Squadron, 446th Airlift Wing, also earned his Bronze Star Medal while assigned to the Global Mobility Task Force in Balad from July 9 to Oct. 10, 2004.

According to the citation accompanying his medal, Chief Belletti, while exposed to extreme danger from hostile rocket and mortar attacks, led more than 45 aircraft maintenance Airmen in support of strategic and tactical combat airlift crucial to coalition forces.

The Bronze Star is an award Chief Belletti never thought he'd be put in for during his career.

"As a kid, I always considered the Bronze Star as something you earn for valor in combat, for having done something extraordi-

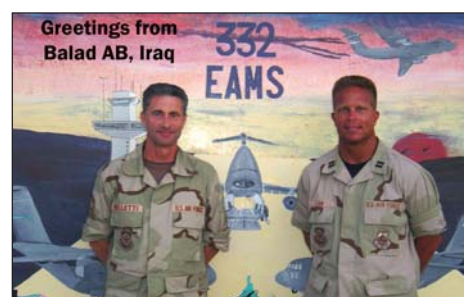


Photo Illustration

Chief Master Sgt. Robert Belletti and Maj. Roger Law pose for a picture postcard type photo in Balad AB, Iraq. Both Reservists earned the Bronze Star for their service in Iraq.

nary like you see in war movies," said Chief Belletti. "But the Bronze Star is for outstanding achievement, and not necessarily for John Wayne war hero type actions."

In his case, the Chief's "higher level" of service was key to keeping airlift moving, despite hostilities.

During an F-16 aircraft in-flight emergency, Chief Belletti coordinated the quick departure of three airlift aircraft, clearing the airfield to allow the F-16 land safely. His actions allowed for critical airlift missions to proceed, and avoiding prolonged ground time that would have subjected the aircraft to possible insurgent rocket and mortar attacks.

See Bronze Star, Page 11

Commander earns star

Col. Eric Crabtree, commander of the 446th Airlift Wing, has been nominated by the President for promotion to brigadier general, Air Force Reserve Command officials announced Nov. 23.

Colonel Crabtree's promotion will take effect upon U.S. Senate confirmation and by

direction of the chief of Air Force Reserve.

Colonel Crabtree returned recently from a 120-day deployment to Southwest Asia, where he served as the U.S. Central Command's deputy director of mobility forces. He has served as the 446th AW's commander since August 2003.



As a kid, I always considered the Bronze Star as something you earn for valor in combat, for having done something extraordinary like you see in war movies.

Robert Belletti

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Dec. 21 is the deadline for articles in the January issue of the **446th Associate Press**.

All articles and photographs must be turned in to the 446th Airlift Wing Public Affairs office, Bldg. 1214, Room 124 by 4 p.m.

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2005 successful year, expect same for 2006

By Col. Eric Crabtree

◆ Wing Commander

Happy Holidays to everyone! It does not seem possible that it is time to close out another year of my time at the 446th Airlift Wing. It has certainly been a productive and successful year for everyone as we press forward in our daily operations and support of the Global War on Terrorism.

As I look back, some of the outstanding events seem long ago even though they are only a matter of months behind us. The demobilization of the 97th and 728th Airlift Squadrons, the mobilization of the 313th Airlift Squadron, the mobilization of a number of our maintenance Airmen, the continued activation of people from our aeromedical evacuation and staging squadrons, and a continuing flow of volunteers to support the war. And, of course, there was the great support of the Air Mobility Rodeo and the awards the teams won. It has been a proud year for the wing.

Sadly, we have also lost some of our members and past members. The close of a year gives us a chance to pause and think of them and reflect on the value of their friendships and their contributions to the Air Force Reserve mission. On the other hand, we have been fortunate that we have not had anyone seriously injured or killed in our many deployments of people to the war theater. I think we can look confidently to extending that record as we continue to professionally prepare and execute all the varied missions we will be asked to support.

I recently returned from the 4th Air Force Commanders Conference and the three priority items looked at in the wing commanders discussion group give us a path toward improving next year's outlook.

The first hurdle of 2006 will be the implementation of a new civilian manpower system – the National Security Personnel System. We tasked the Air Force Reserve Command Headquarters staff to give us more complete data on specifics of the start up.



Col. Eric Crabtree

Second, the amount of ancillary training levied to each area of the wings is of great concern. We all know there are not enough hours on unit training assembly weekends to accomplish the many training requirements that have been made mandatory. We asked the command to help us prioritize and limit those

requirements, and leave us more time to do Air Force Speciality Code-relevant training.

The final challenge is the budget. As you may be aware, we are under a "continuing resolution" from Congress, which means we do not have an approved federal defense budget. We are limiting our spending to last year's levels until we get final financial targets. We fully anticipate the final budget to be cut some from last year due to the costs of carrying out the war effort and the need to set aside money for updated systems like the F-22 fighter and a new airborne tanker to replace aging KC-135s. We will let everyone know once we get the defined targets for the year.

As we look to the start of a new year, I think we should all be confident that it will be a great one. Our C-17 aircraft continue to perform in an excellent fashion. Many of our facilities are recently renovated, or are under renovation. Our recruiting and retention figures remain strong and we are doing an excellent job of preparing people to execute their deployed missions, despite an increasing array of challenges.

As I wish each of you a Happy New Year, I can assure you that your contributions are deeply appreciated. As we reflect on the history of this country since the attacks of Sept. 11, 2001, we can say that our strong efforts and the support of our families, employers and community partners has had an impact in helping us deter terrorism on a global scale and secure a safe, free country for all Americans. And perhaps every bit as important, we are living up to our national creed as we struggle to help others achieve the freedoms and blessings of liberty that we enjoy.

Please thank your families and employers for their sacrifices and pat each other on the back for a job well done.



It has been a proud year for the wing.

Eric Crabtree

Heroism not just for deployments

Close attention to training, courage key to preventing suicide, saving lives

By Senior Airman Paul Haley
◆ Wing Public Affairs

Few heroes are formed by courage alone. In addition to bravery, heroes need training. This is true of all heroes - firefighters, police officers, medics, you and me. Whether we sit at a desk or sit in a foxhole, we are all potential heroes.

A friend of mine killed himself shortly after we had joined the military, while we were in technical school. Harold was popular and well liked. He was a fun-loving guy, someone anyone could depend on if they needed help. His supervisors adored him because of an outstanding work ethic.

His death came as a shock to everyone in the unit. It was so sudden and unexpected many didn't believe the original reports, passing them off as rumors. When the commander told us in morning formation Harold was dead, it was devastating. However, the real shock wouldn't



Senior Airman Paul Haley

come until the days following his death. None of Harold's friends had ever considered the possibility that he could or would commit suicide. We had all been through suicide prevention training several times and could probably recite the briefing by memory. After his death, we all agreed we didn't see it coming.

But when the commander and first shirt started talking to people about Harold and his activities leading up to his death, they were dismayed. He openly obsessed about death and had said he didn't want to be alive. He drank recklessly and used illegal drugs.

What appalled the leadership, however, wasn't that Harold had displayed these warning signs; it was the vast number of people who knew about them. Virtually all of his friends knew about his reckless behavior and that he had a death wish. No one recognized he was suicidal and no one was willing to talk to leadership about behavior anyone could see was dangerous - like his drinking and drug use.

Although we had all received training in

suicide prevention, none of us had used it. The training we had received was nothing more than hypothetical material to us, to be memorized for the sake of an annual requirement, and then disregarded as soon as we left the briefing.

What allowed Harold to die wasn't a lack of care by his friends; it wasn't a lack of training on the part of the command. It was a lack of taking the training seriously and a lack believing it would be the difference between life and death.

Each of us makes a decision every time we attend suicide prevention training. We decide if we're going to learn every detail offered, or if we're going to just do our best to stay awake. We decide whether to use the training when we see signs that someone is stressed or to just mind our own business; whether to risk a friendship for the sake of safety or to keep quiet and keep a friend out of trouble.

Every opportunity we have to attend suicide prevention training is a chance to learn skills that can save lives, just as much as CPR or first-aid training. By taking advantage of that opportunity and by having the courage to use the training, any one of us can be a hero.

Suicide prevention - be great wingmen

By Gen. Michael Moseley
◆ Air Force Chief of Staff

Over the past year, I have stressed the importance of Airmen looking out for one another. I asked that we all make the extra effort to look for troubling signs in our co-workers - that we be great wingmen. Our rates have gone down, but each loss that we take is one too many. The efforts of some great wingmen have saved the lives of some of our comrades in arms, but now I urge each of you to continue to provide mutual support.

In my 39-year career, I have always been proud of how our Air Force takes care of its own. It sets us apart from those in

the private sector and it is something I will deeply miss in retirement. This attitude is firmly rooted in the profession of arms and is part of our common Airman culture. Our inaugural Wingman Day occurred after four months in which 24 Airmen took their own lives. Discussing the stressors we experience, re-emphasizing available supportive services, and talking about what it takes to be a great wingman provided an opportunity for us to join together and examine how we can strengthen our common Airman culture at every level.

Why has focusing on our wingman responsibilities contributed to lowering our suicide rates? I believe part of

the answer lies in our core value of "Service Before Self." The foundation of this value is respect - respect for our Air Force, for ourselves, and for our fellow Airmen. As we give and gain respect, we develop our sense of what it means to be Airmen and create a community to support those who need our help. Airmen support and protect their fellow Airmen. Airmen help Airmen in need. Airmen work with Airmen to deliver results wherever and whenever needed.

Being a great wingman means recognizing when other Airmen are in distress and having the courage to care. I am asking each of you to make being a wingman a habit and

not just a slogan. While providing a good opportunity to reflect on how we take care of our own, simply scheduling one day a year is just a beginning. We must each make a conscious choice every day, ensuring that we are thinking, preparing, and acting as wingmen to our fellow Airmen, whether they are active, reserve, guardsman, or civilian. We should ask ourselves daily, "Who are my wingmen, how are they doing, and what have I done to support them today?" That's where "Service Before Self" begins - with you and your teammates. That's what makes our United States Air Force the greatest Air and Space force in the world.

New head of Air Force sworn in

Michael Wynne was sworn in Nov. 3 as the 21st secretary of the Air Force. The ceremony took place at the Air Force Academy, Colo., in front of 4,200 U.S. Air Force Academy cadets during their noon meal.

As secretary of the Air Force, Mr. Wynne is responsible for the affairs of the Department of the Air Force, including organizing, training, equipping and providing for the welfare of its nearly 370,000 men and women on active duty, 180,000 members of the Air National Guard and the Air Force Reserve, 160,000 civilians and their families.

As head of the Department of the Air Force, Secretary



Michael Wynne

Wynne is responsible for its functioning and efficiency, the formulation of its policies and programs, and the timely implementation of decisions and instructions of the president of the

United States and the secretary of defense.

Mr. Wynne replaces Pete Geren, who has served as the acting secretary of the Air Force since July 29.

"I am grateful for the opportunity to serve alongside America's Airmen and their joint service partners to keep our nation safe," Secretary Wynne said.

"With their dedication, skill and sacrifice, they offer an incredible array of options to the president and the nation — from taking the fight to the enemy, providing strategic intelligence to the joint force, or providing humanitarian assistance at home and internationally in the wake

of natural disasters."

Prior to appointment, Secretary Wynne served in the Department of Defense as the principal deputy under secretary of defense for acquisition, technology and logistics.

Mr. Wynne served in the Air Force for seven years, ending his service as a captain and assistant professor of astronautics at the U.S. Air Force Academy.

Mr. Wynne graduated from the United States Military Academy and also holds a masters in electrical engineering from the Air Force Institute of Technology and a masters in business from the University of Colorado. *(Courtesy of Air Force Print News)*

Pakistan quake relief funds nearly double

By Donna Miles

◆ American Forces Press Service

The Defense Department is nearly doubling its funding for earthquake relief operations in Pakistan — to \$110 million — State Department officials said Nov. 19.

The devastating Oct. 8 earthquake killed an estimated 73,000 people.

U.S. Agency for International Development administrator Andrew Natsios announced the increased support while leading the U.S. delegation to the Pakistani government's reconstruction conference in Islamabad, Pakistan.

The added military commitment is part of a larger overall U.S. aid package for Pakistan's relief and reconstruction, now set at \$510 million. This includes \$300 million in assistance from USAID and at least \$100 million in private contributions, Mr. Natsios said.

DOD previously obligated \$80 million to cover operating costs for earthquake relief efforts.

An estimated 1,200 U.S. military personnel and 23 helicopters are currently supporting relief operations in Pakistan, officials said.

So far, U.S. helicopters have flown more than 2,500 sorties, delivered almost 4,300 tons of relief supplies and transported al-



A McChord C-17 Globemaster III lands in Bagram, Afghanistan, Oct. 21, to provide humanitarian relief to Pakistani earthquake victims.

Photo by Staff Sgt. Reynaldo Ramon

most 17,000 people, including more than 4,300 who needed medical attention, officials said.

In addition, more than 178 military and civilian cargo airlift flights, including those flown by 446th Airlift Wing aircrews, have delivered almost 1,900 tons of humanitarian aid, medical supplies and equipment. U.S. troops have off-loaded almost 6,000 tons of relief supplies from U.S. and other aircraft for distribution to affected Pakistani citizens.

U.S. humanitarian aid supplies delivered so far include more than 360,000 blankets, almost 13,000 sleeping bags, more than 3,500 tents, 5,000 water containers, almost 121,000 meals, 600 heaters and 18 pallets of medicine, officials added.

In addition, nine U.S. military and commercial ships have delivered 115 pieces of equipment, 34 containers of supplies and 176 tons of humanitarian assistance through the port of Karachi.

What New Year resolution are you pledging for 2006?

Help available in keeping resolutions

By Tech. Sgt. Wendy Beauchaine
◆ Wing Public Affairs

With New Year's around the corner, the annoying question of what your resolution will be this year is bound to surface. An Internet search of the top resolutions people come up with resulted in the following: lose weight, stop smoking, establish a budget, save more money, and find a better job.

Resolutions tend to be kept for a short time, then re-established again the following year, often because they are made without a plan. Services offered on base can help Reservists battle this annual event and take care of those resolutions once and for all.

"I think we fail in our resolutions because they aren't realistic," said Maj. Deb Schnorr, 446th Airlift Wing fitness coordinator. "When we don't achieve our goals, sometimes we feel like failures. When you first set a goal, you might slip up, but you don't have to wait until next year to try again, you can just slip up and get going again right away."

Patrick Conway, McChord AFB's fitness program manager, is responsible for many health and wellness classes that can help Airmen and their families meet their New Year's resolution to lose weight. Classes are available weekly and include the Healthy Living Workshop, the Fitness Improvement Program, and two Body Composition Improvement Program classes.

"Reservists can get in on a space-available basis, but I've never had a problem getting them in," he said. "Until the HAWC (Health and Wellness Center) is repaired, we are not able to offer our cooking classes, but we are running pretty close to full board with everything else until then. We even have healthy eating classes and classes to help people with high cholesterol that our nutritionist is offering right now, especially with all the holidays."

Since weight loss tops the New Year's resolution list, the classes and the fitness center are expected to be busier for the

next few months.

"Many people make a fitness goal for the new year, and about 80 percent drop off within three months," Mr. Conway said. "People need to pick both short- and long-term goals. If you can make those baby steps, it will keep you motivated."

The Healthy Living Workshop dedicates a section to explain how to set these kinds of goals, and how to see measurable success.

"If you say, 'I am interested in making some physical fitness changes,' I would point you to the Healthy Living Workshop," Mr. Conway said. "If you wanted nutritional help, I would point you to the Body Composition Improvement Program classes."

For specific help on weight room or cardio equipment, the fitness center has certified trainers who can be seen at scheduled appointments.

"You can go to the fitness center and schedule a time to work with a fitness trainer who will help you develop a personal workout program," Mr. Conway said. "I work with people who go on extended profiles, people who might have a medical condition. I help develop a training program around their injury."

Number two on the New Year's list is the quit smoking challenge. The HAWC offers assistance to help people succeed at this resolution as well.

"Tobacco cessation classes are on hold at the moment, but it is expected to return early in February," Mr. Conway said. "In the interim, we are still working with people who wish to stop smoking tobacco. We make appointments for people at the clinic and we have a few online sites people can go to in order to kick the habit. We have just begun a program that is an online chat room to get support from others who are quitting smoking and it's a really good online source."

"We keep data on our cessation classes and we do callbacks every 30 days to see how folks are doing," he said. "McChord

See RESOLUTIONS, Page 8

Fitness

I would like to do a triathlon.
(Editor's Note: Lieutenant, see Page 6 for inspiration)



◆ 2nd Lt. Lindsay Flangas
36th Aerial Port Squadron

Mission

Devote more off duty time to the mission.



◆ Staff Sgt. John Fuertes
446th Security Forces Squadron

Investments

Manage my investments better.



◆ Master Sgt. Rudy Diaz
446th Aircraft Maintenance Squadron

Education

I plan on getting married and go back to school.



◆ Tech. Sgt. Tyson Stroh
446th Maintenance Squadron

It's all about fi

By Senior Airman Nick Przybyciel
Wing Public Affairs

Completing a 26-mile marathon, as opposed to just succeeding at the 1.5 mile Air Force fitness evaluation run, can be a lofty goal for some people.

But not for Kristi Porter, a 1st lieutenant with the 446th Logistics Readiness Flight. For her, competing marathons, such as the Seattle Marathon on Nov. 27, is just a way to maintain her present condition. Since the winter is the off-season for triathlon competitions – where Porter's real passion lies – she stays fit by participating in other endurance events.

"I do marathons in the winter to stay in shape for triathlon season," said Porter, who has completed five marathons and about 30 triathlons.

Porter participated in the Florida Ironman Triathlon in 2004. Athletes competing in the grueling event had to complete a 2.4-mile open ocean swim, a 112-mile bike ride and a 26-mile run.

"I've always been into fitness, but never competitively. I did my first marathon while in logistics school back in 2003. I was just looking for ways to stay in shape and work on my running over the winter. Rather than just doing arbitrary workouts at the gym every day, I thought that giving myself a goal would help keep me on track ... even when it was cold and dark and rainy outside. It's really easy to let stuff like that convince you to stay in bed," said the 32-year-old Reservist.

Although it requires strong determination to compete in events like triathlons and marathons, Porter stresses that it shouldn't be the competition that drives people to enter the races.

"My take is to go there and make it enjoyable," she said. "You

don't have to be super competitive. You just go there and do it. That's the accomplishment."

Porter adopted this attitude before participating in triathlon. She and a friend ran out on the beach the night before the event, foregoing the carb loading most endurance athletes swear by. The night consisted of peanut butter and jelly sandwiches with cheap beer, she said.

"I would look around at other people," Porter said, "and some of them got so mad at me for not first, and I thought it was bad."

Porter, a 13-year Air Force veteran (including active duty time in the enlisted and officer corps) understands that competing in an Ironman or a marathon is not in the cards for her. "The point is getting in shape shouldn't just be about what you have to do for the job."

"It should be a part of your life because it's fun and because it's a goal you set for yourself to accomplish. No one can take it away from you, or take away any of your hard work. It makes you feel good about it," Porter said. "Whether it's taking your dog for a half an hour, riding your bike to work one week, or even climbing Mount Everest – whatever you want to stick to it. Make it real and make it happen. And don't forget to enjoy it; life is all about it."

Porter's flair for fun is evident to any spectator watching the event that she competes in. She has been known to wear a cowboy hat on the bike leg of triathlons and sport a pink cowboy hat during this year's Danskin Seattle Women's Triathlon.

As far as the Seattle event is concerned, Porter expressed a bit of concern with the



fitness, fun

serious and just have to that's your

mind set her first end camped right before the usual insurance their diet that out butter washed down said.

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e Marathon expresses a e event.

Since joining the 446th Airlift Wing in December 2004, she has been bogged down with work and school and hasn't had much time for training, she said.

"I always learn something new at every race. At this one, I'll learn what the body is capable of doing with as little training as possible," she said with a laugh.

While Porter jogs between 20 and 30 miles per week, she hasn't had the opportunity to complete the long distance runs that are crucial for endurance training. This usually includes three 20-mile runs in the weeks leading up to the competition, she said.

"It normally takes between 12 and 16 weeks to train for a triathlon," Porter said.

While she hasn't had much time for her own training in the past year, Porter has contributed significantly to help members of the 446th AW remain "fit for fight." Aside from teaching spin classes at the McChord Health and Wellness center, Porter has encouraged other Airmen from the wing to participate in endurance events. She began inspiring others when she started coaching while in North Carolina, privately and through a fitness center.

Carla Pelster, a major with the 446th Operations Support Flight, planned and competed in her first half-marathon with Porter last May. Porter served as a source of motivation for her fellow Reservists during the 13-mile event.

"She's just an inspirational person," Pelster said. "I spent six months training for the event and (I) think she decided she was going to enter it six weeks before hand. She's a very motivated, very positive person."

Porter, who attends night school for massage therapy, plans to compete in the Grand Colombian Iron-distance Triathlon in Eastern Washington next September.

Photo illustration
Photo by Capt. Drew Steadman



Photo by Capt. Drew Steadman
Kristi Porter on location for the Pinehurst, N.C., Olympic District Race. Open water swimming is one of the three legs in a triathlon.



Photo courtesy 1st Lt. Kristi Porter
Kristi Porter prepares to dismount her bike following the bike race portion of a triathlon in Seattle.

Wheel, tire team earn excellence award

By 1st Lt. Jennifer Gerhardt

◆ Wing Public Affairs

During the past five years, a team of air reserve technicians, active-duty Airmen, and civilian employees from the 446th and 62nd Maintenance Squadrons and the 446th and 62nd Logistics Readiness Squadrons have worked together to build, tear down and transport wheel and tire assemblies, a process earning them the Chief of Staff Excellence Award for Wheel and Tire Lean Production.

"We nominated the shop this year because of the long-term impact this process has had over the years," said Steven Rector, an ART supervisor with the 446th Maintenance Squadron. "This has been a long-term five-year process of making lasting changes to our process."

Before, a typical maintenance routine at the wheel and tire shop began when wheel and tire assemblies arrive at the maintenance shop after being used.

Each assembly's characteristics are annotated on a processing log and the assembly is identified to the supply system as returning to depot or being rebuilt. When all maintenance on the assembly is complete and inspected, the refurbished wheel and tire assembly is stored until needed.

Working together, the squadrons sought a better way to improve this 19-hour, 34-

minute process. With a 33 percent increase in tire changes from 2000, the team began pursuing a way to cut the time needed to maintain assemblies - a pursuit requiring an upgrade in facilities and equipment.

"In less than three years, the W/T team moved to Hangar 11, purchased state-of-the-art equipment, and designated the facility as a consolidated supply point," said Mr. Rector. "All the while, continuing to supply C-17 wheel and tire assemblies around the world on demand, despite a drastic increase in operations tempo."

Technology upgrades eliminated excessive manual labor and process improvements set the shop up for efficient flow. As a result, the buildup and tear down process times for wheels and tires were cut by 67 percent, enabling the shop to go from 11 people to five people.

The maintenance squadrons coordinated with the logistic readiness squadrons to establish a consolidated supply point, cutting a 16-step process to five steps. Instead of spending 19 hours in transit or holding areas, a wheel and tire assembly now only spends 90 minutes in transit or holding.

The cuts in movement and labor helped the maintenance groups use the additional bodies in critically-manned positions.

"This has been an easy transition for everyone involved," said Mr. Rector. "Barry Frerichs, another ART supervisor and previ-

ous shop manager, and I have enjoyed our role as the continuity in the long-term process because with each new active-duty member came new ideas on how to make the shop run more efficient. Even



Even today, our young Airmen look at the process with an eye for improvement.

Monica Gary

today, our young Airmen look at the process with an eye for improvement."

In addition to the improvements noted for the excellence award, the shop staff improved the cleaning of wheels and associated hardware. The shop acquired a new equipment parts washer, saving \$2,500 in annual disposal costs and reducing waste by 39 percent.

"As a team we are proud to have been able to make an impact on such a critical operation as wheel and tire production," said Tech. Sgt. Robert Gray, 62nd MXS.

The wheel and tire team finds its effort to work smarter, not harder and setting an example for the rest of the Air Force to follow, is reward enough, said Sergeant Gray.

Editor's note: David Kellogg, 62nd Air-lift Wing Public Affairs, contributed to this article.

Resolutions

Continued from Page 5

AFB has one of the highest success rates in the Air Force - You can't argue with the success rate. We usually average close to a 50 percent rate for success, whereas most other bases are around the 30 percent to 40 percent range. The new program we are implementing, I think, will give us even better success rates."

All of the HAWC classes are offered to anyone who has access to the base. Airmen have priority, but the classes so far have had enough room to support the needs of all eligible people. To schedule a class, contact Mr. Conway at 982-3816.

The holiday season can break the bank for some people, which may be why finances makes the top five. Reservists can tap into resources on base for help.

"The family support center has informa-

tion on budgeting and financial management," said Tech. Sgt. Michael Bray, currently supporting the 446th AW Family Support Center.

People don't have to be in financial trouble to get assistance. The Family Support Center offers a variety of information for people in any kind of financial situation.

"We have stuff for planning for retirement, investing, personal budgets, and how to pass financial information onto kids," said Sergeant Bray.

Self improvement in the fitness and financial arenas topped the New Year's list, but is rounded out with job satisfaction.

Wing career counselors can assist Reservists with military career goals. And on the civilian job side of the house, there are career programs available through the active-duty family support center.

"The community readiness consultant can give you tips on how to improve your resume and help with job placement," said Monica Gary, office automation assistant at the 62nd Mission Support Squadron. "Her expertise is in running the career focus program and she helps people locate the best job search engines, and she notifies them of job vacancies."

In addition to the family support center, the civilian personnel office is located in Bldg. 100, and the staff there can provide assistance with civil service positions.

"There is also a veteran's job service center on base. Its primary focus is to help with interviewing tips, salary negotiation, proper attire, and veteran's benefits," said Ms. Gary.

With many resources available, it is possible to make this year's resolutions stick.

Photo by Master Sgt. Ruby Zarzyczny

Tech Sgt. Michael Bray, 446th Mission Support Squadron family support technician, places pink and blue ornaments on the Christmas Angel Tree located in the office of the 446th Airlift Wing Family Support office here. These ornaments represent children of Reservists in the wing who are making their holiday wishes in hopes of receiving assistance. The family support office staff hopes to have all the angels sponsored by Dec. 12 and presents wrapped by Dec 18.



Wing gives lift to angel's spirits

By Master Sgt. Ruby Zarzyczny
◆ 939th ARW Public Affairs

A holiday gift is exceptionally special. Given selflessly as an expression of love, admiration, or human kindness, this gift can bring mutual feelings of delight and comfort during the holiday season.

The joy of giving has started here at the 446th Airlift Wing's Family Support Center with the Christmas Angel Tree program. The angels in this program are children of wing Reservists. Unlike other holiday-giving programs, this program gives the wing's Reservists and civilian employees the opportunity to help give a little holiday cheer to their own during the holiday season.

Here's how the program works. Wing families who are in need of assistance during the holiday season can be referred to the Family Support Center by other Reservists or civilians working here, the first sergeants or by the families themselves, said Tech. Sgt. Randy Pratt, family support technician.

The family support technicians will talk with the referred families to find out the genders and ages of their children and come up with a specific Christmas wish list



Pink ornaments placed on the Angel tree represent girls and the blue ornaments represent boys.

list on a pink or blue Christmas ornament, depending on the child's gender. The ornament is placed on the Angel Tree located in the family support office where people from throughout the wing can come and choose an angel to give to this holiday season.

Last year, 32 angels from the wing received holiday gifts through the Christmas Angel Tree program, and 11 wing families received holiday food gift baskets from the Midland Fire Department, said Tech. Sgt. Ed Norris, family support technician.

Sometimes individuals will give to

for each child. During this time the family support center can also see if there are other ways to help the families with financial planning, resources, and referrals, he added.

As the angels are gathered, the family support technicians write the ages of the children and gift items from their wish

angels and other times entire offices or organization will give to the angels to fulfill their entire Christmas wish list. Either way, all of this giving extends the holiday spirit of compassion.

"The season of giving. Lots of families have grown up children, but still want to experience the joy of giving a gift to a child," said Sergeant Pratt. "Giving to a child during Christmas is very rewarding, and it helps relieve some of the stress of the season from their parents."

The family support center would like to have all of the angels sponsored by Dec. 12, and have all the gifts for the angels delivered to the family support office by Dec. 18, so they can have the gifts ready for Santa to pick up and deliver on Christmas Eve.

Along with volunteers to sponsor angels, the family support center is also looking for volunteers to help with the angel ornaments and gift wrapping. If you would like to volunteer to sponsor an angel, help with the program, or refer a family in need call the family support center at (253) 982-5330 or 1-888-984-6724.

Editor's Note: Sergeant Zarzyczny served part of her annual tour at McChord with the wing public affairs office. Her unit of assignment is out of Portland, Ore.

BRIEF

“A man who does not read good books has no advantage over the man who cannot read them.”

— Mark Twain

**December
2005**

Did you KNOW

During 1941-1942, about 1,500 Army Air Corps Reserve pilots were on extended active duty during the critical days after Pearl Harbor.

Promotion board meets in January

The Promotion for Exceptional Performers board for cycle 2006-1 will be held on Jan. 31 – Feb. 1. Nomination packages must be received in 446th Mission Support Squadron's career enhancement office by Jan. 17. Packages received after this date will be returned to the unit. All information, letters and forms needed can be found in the following website: <https://446aw.mcchord.af.mil/446MSG/446MSS/446%20AW%20PEP%20Information/Forms/AllItems.aspx>

First Sergeant applications taken

The 446th Mission Support Squadron's military personnel flight is currently accepting applications for first sergeant positions with the 97th and 728th Airlift Squadrons, and the 446th Aerospace Medicine Squadron.

If you are interested in being considered for these positions, please send your package in to 446 MSS/DPMSAE (Master Sgt. Lisa Caron) no later than Dec. 30. The selection panel will convene in January.

446th CES moves to Hangar 4 for a time

The 446th Civil Engineer Squadron has moved from Bldg. 1211 to Hangar 4, second floor. The squadron will remain at its temporary location for about six months while Bldg. 1211 is renovated.

Flu Shots available for some Reservists

Flu shots are available on UTA weekends in the 62nd Medical Group, Bldg. 690 on Saturday from 8 to 11:30 a.m. and 1 to 3 p.m., and on Sunday from 10 to 11:30 a.m. Shots are available weekdays in the 446th Aerospace Medicine Squadron's Bldg. 691, Room 104, from 9 to 11 a.m. and 1 to 3 p.m.

Due to a shortage of vaccine, only deploying and flying Reservists, medical

personnel, and Reservists over the age of 50, will receive the shot.

Security forces lose, gain commanders

Capt. Ray Schierhoff will take command of the 446th Security Forces Squadron from Maj. Roy Galusha in a ceremony Dec. 10 at 1:30 p.m. Major Galusha's retirement will follow the change of command. A reception honoring both officers will follow. Everyone is invited to attend. For more information contact Master Sgt. Lenny Deboma at 982-5006.

Scholarship open for Japanese-Americans

The 2006 Mark Yamane Military Scholarship will be awarded by the Seattle Nisei Veterans Committee to help men and women of Japanese ancestry serving in the military to further their education.

The \$1,500 scholarship is open to individuals of Japanese ancestry who are: Activated Reservists stationed at McChord or Reservists who have served on active duty for a total of two years or more (may be interrupted service).

The deadline for applications for the 2006 scholarship is Jan. 25.

For information and nomination package contact the 446th Airlift Wing Public Affairs Office at 982-2060.

Luncheon celebrates Martin Luther King Jr.

A luncheon focusing on the contributions of one of America's most notable civil rights leaders, Martin Luther King Jr., will be Jan. 12.

Hosted by the McChord African-American Heritage Committee, the luncheon will be at McChord's Consolidated Club and feature Brig. Gen. Harold "Mitch" Mitchell, mobilization augmentee to the 18th Air Force commander, as the keynote speaker. For more information, contact Tech. Sgt. Cameron Ames at cameron.ames@mcchord.af.mil.

Annual awards event set for Feb. 4 evening

Reservations are being taken for the 446th Airlift Wing Annual Awards Banquet Feb. 4 at the McChord Club.

Unit first sergeants are the points of contact for tickets. Senior Master Sgt. Cindy Thomas is collecting the wing-level and above award information. Please contact her to ensure all of your outstanding achievers get recognized at this great event.

United Airlines offers reduced airfares

United Airlines is now offering reduced fares for active-duty and Reserve members of the Navy, Marines, Army, Air Force. Family members are also eligible.

These special fares are not available at the United Airlines website. To purchase the special fares, contact United reservations at 1-800-241-6522 and identify yourself as eligible for military fares.

All passengers eligible for these and other military fares must carry proper identification. Service members can travel with these special fares all the way through Jan. 3.

Wing seeks players for basketball team

The 446th Airlift Wing has competed in the base intramural league the past two seasons. The wing's team typically plays between two and four games a week between the hours of 5:30 and 8:30 p.m.

The goal this year is to field an over-30 team. The over-30 team typically plays two games a week at either 11:30 a.m., or 12:30 p.m..

If you are interested in playing basketball for the wing, call Master Sgt. Aubrey Robertson at 982-6993.

Correction

On Page 12 of the November issue of the *446th Associate Press*, Jim Wilkerson is identified as a major. He is a lieutenant colonel.

Promotions

Senior Master Sergeant

Richard Bertelson, 446th MXS
Derek Bryant, 728th AS
Randal Thompson, 446th MXS

Master Sergeant

Kurtis Barth, 446th AMXS
John Dapriale, 446th MXG
John Manley, 446th MXS
Daniel Rexus, 446th MXS
Melissa Shields, 446th AMDS
David Toney, 446th AMXS

Technical Sergeant

Lark Dahl, 446th AW
Aaron Forderer, 446th CES
Jacob Green, 446th CES
Adam Harrison, 446th MOF
James Leiman, 446th OSF
Ardu Miller, 86th APS
Thomas Miller, 446th MXS

Staff Sergeant

Sarah Aden, 446th AMDS
Nicholas Barrett, 446th ASTS
Michael Burke, 446th OSF
James Callahan, 446th AMXS
Jennifer Comey, 446th ASTS
Leonard Dewitt, 728th AS
Juan Duran, 446th AMXS
James Eastman, 446th AES
Ronald Freeman, 446th AMXS
Jesse Fullmer, 446th MXS
Christy Helgeson, 446th AMXS
Dennis Little, 446th MXS
Jeremiah Sprecht, 446th MXS
Chris Swarthout, 86th APS

Senior Airman

Anayansi Aguilar, 446th MSS

Jessica Cassel, 446th AMXS
Michael Banks, 446th AMXS
Helen Dickinson, 446th MSS
Quillan Framstad, 446th ASTS
Joshua Hartford, 446th SFS
Kenneth Kassner, 446th CES
Alexander Kincaid, 446th AMXS
Ryan Kruse, 446th MXS
Patrick Molinos, 446th AMXS
Michelle Otte, 446th AMDS
Nicole Reed, 446th ASTS
Daniel Rozell, 446th CES
Justin Shattuck, 446th CES
Kimberly Shadlow, 446th AMXS
Andrew Simonsen, 446th AMXS
Lebaron Smith, 446th AMXS
Elizabeth Winskowski, 86th APS

Airman First Class

Kyle Endofhorn, 97th AS
Michael Richardson, 446th ASTS
Emily White, 446th AMDS

Newcomers

Major

Richard Nanneman, 728th AS
Michaela Payton, 446th AW

Captain

Stephen Burrington, 313th AS
Jennifer Griswold, 446th MXS
Eukoo Kim, 446th AMDS
Arthur Rodi, 446th LRF

Senior Master Sergeant
Richard Norman, 446th CES

Master Sergeant

Darran Baggs, 446th MXS
Jace Bitton, 446th MXS

Charles Ellis, 446th MXS
Grant Minson, 446th MXS
Robert Nicholson, 446th MXS

Technical Sergeant

Benjamin Giles, 446th SFS
Holly Glenn, 446th AMXS
Robert Hall, 446th MXS
Michael Jones, 446th MXS
Phillip Macaluso, 446th MXS
Mathew Saunders, 446th MXS

Staff Sergeant

Todd Beck, 446th MXS
Adrian Berg, 446th AMXS
Kevin Brown, 36th APS
Jason Grout, 446th AMXS
Jonathan Gollarte, 446th MXS
Diana Hardy, 86th APS
Bernadine Hiett, 36th APS
Brandon Jacobs, 446th AMXS
Jeremy Metzger, 446th MXS
Sabrinia Perrin, 446th MOF
Cody Rapoza, 446th MXS
Tyson Scholes, 446th MXS
Blakely Williams, 446th MXS

Senior Airman

Margarita Baldonado, 446th AMDS
James Barchanowicz, 446th MXS
Garrett Biehler, 446th MXS
Anthony Burns, 86th APS
Jay Carlton, 446th MXS
Joseph Guloy, 446th AW
Michael Hickey, 36th APS
Gerald Kaiser, 446th MXS
Micah Lasley, 446th AMDS
Gregory Marek, 446th SFS
David Mitchell, 36th APS
Paul Palmer, 446th AMXS
Melissa Reimer, 446th AMDS
Astrid Runez, 446th AMDS
Brennon Shaffer, 446th MXS

Lyle Skjervheim, 36th APS
Zachary Taylor, 446th MXS

Airman First Class

Jeremy Biddle, 446th AMXS
Donivan Crews, 36th APS
Ashley Durand, 446th AMXS
Peter Estrellado, 446th CES
Dustin Jenkins, 86th APS
Erin Marquez, 446th MSS
Sheldon Moore, 86th APS
Heather Normand, 728th AS
Javier Riosvazquez, 86th APS
Casey Rogers, 446th AMXS
Jay Thiesse, 446th AMXS

Airman Basic

Demetrius Segobia, 446th CES

Retirements

Lieutenant Colonel

Dennis Kirby, 313th AS

Chief Master Sergeant

James Baker, 446th AMXS

Senior Master Sergeant

Chandra Gamble, 446th ASTS
Roger Nicely, 446th MXS

Master Sergeant

Paul Lewis, 446th AMDS
Joseph Pawelka, 36th APS

Technical Sergeant

George Campbell, 86th APS
Gerald Delay, 97th AS
James Keating, 446th MOF
Charles Williams, 446th SVF

Bronze Star

Continued from Page 1

Insurgent rocket and mortar attacks were more than just possibilities in Balad. On the wall of Chief Belletti's office here is a certificate attesting to that fact - "I survived 100 attacks," reads the certificate. "I think it was more than like 124, and even more for Major Law when he was over there," said the Chief.

Despite the incoming attacks, the 32-year military veteran sees his tour of duty Iraq as the highlight of his career.

"Over there, you're on the edge of the spear. You get to see the end result of your work. You know that the maintenance you do on the aircraft allows that mission to fly and that cargo to get delivered where it needs to be," said Chief Belletti.

In addition to his aircraft maintenance responsibilities, Chief Belletti volunteered at the 332nd Contingency Aeromedical Staging Facility, visiting, caring for, and transporting to aircraft for evacuation more than 120 wounded Soldiers and Marines.

Wing establishes awards

The 446th Airlift Wing has two new wing-level awards recognizing the most influential people supporting Reservists.

The first award recognizes the 446th Spouse of the Year with a plaque and a \$500 gift certificate. The second award is for the 446th Employer of the Year.

Nominations are due to the 446th Airlift Wing Public Affairs Office by close of business Jan. 22. For more information, contact Public Affairs at 982-2060.

Civilian employers are Airmen-for-a-day

By Senior Airman Nick Przybyciel
◆ Wing Public Affairs

The 446th Airlift Wing hosted 52 civilian employers Nov. 19 for employer orientation day. The bi-annual orientation is designed to bring awareness of the wing's mission to Reservists' employers, while providing an up-close glance at life in the Air Force Reserve.

The day began with employers being ushered through a mock mobility line and given a series of pre-deployment briefings on various aspects of the wing's mission. They also learned about Reservists' training requirements, and the gear a Reservist is issued when deploying. From there, the airmen-for-a-day were packed onto a bus for the highlight of the day: a flight on a C-17, complete with a combat takeoff, airdrop, combat descent and a combat off-load.

"The awareness for the civilian (employers) — to visually see what we do — has a huge affect on our other jobs," said 2nd Lt. Patricio Acuario, 446th Maintenance Squadron. "Besides me always telling stories, they really don't know what we do."

Lieutenant Acuario has worked for Snohomish County as a records manager for five years. He said it was a huge treat to have the opportunity to bring his boss to the base.

The employers who took part in the event were equally enthusiastic. "The altitude drop was my favorite part," said Jack Meehan, a manager at Boeing. "Thirteen thousand feet in 45 seconds - that's what the pilot told me. It's an amazing aircraft."

While most enjoyed the flight, others were thankful for the opportunity to learn more about what their employees do when serving in the Reserve.

One employer, when asked what he liked best about employer orientation day, wrote on an evaluation, "Learning more about the Reserve; and they deserve my respect."

The next employer orientation day will be April 8.



Photo by Senior Airman Nick Przybyciel

Tech. Sgt. Scott Terra points out some of the features of the C-17 to David Kibbey during the Employer Orientation Day flight Nov. 19. When not on Reserve duty, Sergeant Terra, assigned to the 728th Airlift Squadron, works for Mr. Kibbey at Sky High Bird Management in Vacaville, Calif.

Angela Tobin enjoys the view from the flight deck during the Employer Orientation Day flight. During the flight, employers and their Reservist employees saw first-hand the C-17s airdrop and combat off-load capabilities.



Photo by 1st Lt. Jennifer Gerhardt

446th Associate Press



The Associate Press is printed for associates like Senior Airman Greg Marek, 446th Security Forces Squadron.

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